



COPING STYLES PSYCHOLOGICAL STRESS AND ITS RELATIONSHIP TO DEPRESSION AMONG SECONDARY SCHOOL STUDENTS

Ali Alshahri

King Abdulaziz University, Jeddah, KSA, 2016.

Introduction

The individual faces in his life many stressful situations that include undesirable events involve a lot of sources of tension and factors of threat in all areas of life experiences, and reflected the effects of those pressing on most aspects of his character positions, so they filled the subject of psychological stress researchers still distract them, especially in recent years and there was a need to look at the methods and ways in which to deal through which individuals with stressful situations. (Abdullah and nial 0.1998 m: 85)

And occupies the psychological pressures prominent place at the top of the list of pathogens organic and psychological, both, most of the members of the community suffers some form of the disorder or stress has a negative impact on their lives because of the pressures they face, and most of them are focused on psychological symptoms and organic do not associate them and the pressures they face (Handy (2012: 49-50)

Among those affecting disorders negatively depression, lies the seriousness of depression when the teenager in his relationship phase of growth, it is an expression of an imbalance in growth, whatever its source where it can be through the impact caused by the deepening unrest and that proves evolution towards a satisfactory way final, and can be depressed due to the lack of or an early discoverer of deviation by the challenges of the adolescent (Chabrol 0.1998 m: 109)

The depression of mental disorders that adversely affect the individual, and one of the important factors for suicide that plague especially teenagers, as well as women during their childbearing years, and people suffering from chronic conditions are more likely to develop depression compared with others, are likely to have worse outcomes on initial cases (Okasha 2015: 66)

Depression is one of the most common causes of suicides importance and seriousness of where the WHO estimates in 2012 indicate that depression is common in all regions of the world, the organization said that 5% of the Arab community living with depression, and 50% - 70% of suicide attempts, which achieved its goal and it ended with death was caused by depression (World Health Organization WHO, 2012 m)

There is no doubt that the school students at the secondary level segment most representative adolescence stage, or most of them, facing the student at this stage a lot of positions that include new experiences or renewed unwanted or threatening him, and subjected to psychological balance and physical to the disorder, and hindered the performance of daily tasks, and this pressure is one of the important factors in the incidence of repetitive stress and emotion and frustration that connects the teenager to depression.

It is clear from the foregoing that the face of psychological pressure methods is an important aspect to avoid the stress and agitation, depression, or perhaps nourishing and restorative factor for the possibility of a depression as the wrong methods in the face of psychological stress have a pillar and in furtherance to indulge in it.

Research problem

Constitutes psychological pressure danger to the health of the individual has global statistics indicated that 80% of mental disorders caused by psychological stress, and that 50% of patients reviewers doctors to problems caused by psychological stress, and that 25% of individuals suffer a form of psychological pressure (badger and Abu-Assad 0.2009 m: 18).

Statistics indicate that 15-20% of the ordinary auditors primary health clinics suffer from depression accompanied by organic disease, and half of those suffering from depression with a high degree of intensity, so they need to treat the two types of (Hijazi, 2004).

And is considered one depression of mental disorders that adversely affect the teenager and extends to his family and community, the World Health Organization has reported that depression among the ten key reasons for the years of life lost adjusted according to global and regional deficit, is expected to be among the

top three causes of years of life lost modified according to the deficit by the year (2030) (World Health Organization WHO, 2012 m).

Teenagers may give meaning to life events in a manner raises concerns that can be exposed directly to fall prey to psychiatric, and attach importance to previous emotional experiences Phippon reality based on emotional experiences from their past, influenced by current perceptions and reactions and processes of thinking (Roseman, 2011: 108).

And adolescence happen where a significant change in the physiological, psychological, social and cognitive developments alike, and range in which the face of pressure methods, it is the tendency to eat negative Panevaalah problems rather than actively design and positive addressed, to the weakness and impotence of succumbing to pressure and follow the mechanisms to avoid waiting for external solutions, thus, the lack of protection for themselves through active positive confrontation reflected on the mental state that shrouded weakness and despair, frustration and other manifestations of depression and its symptoms (for Anhan 0.2014: 121-123).

Therefore, this research will focus on the study of the relationship between the face of pressure methods in adolescence and depression in a sample of male high school students in public and private schools in Taif, to consider the problem and significance of this relationship and try to find the answer to the following questions:

1. Is there a relationship between coping styles psychological stress and depression among secondary school students?
2. Are there differences in the ways the face of psychological pressure and according to the specialization variable (Hraei- naturally)?
3. Are there differences in the ways the face of psychological stress, according to a changing social and economic level?

research goals

The research aims to:

1. identify the relationship of coping styles psychological stress and depression among secondary school students in Taif.
2. to identify the differences in coping styles psychological pressure and according to the specialization variable) legit-normal).
3. recognize the differences in the ways the face of psychological stress, according to a changing social and economic level.

research importance

First: the theoretical importance:

- Current research focuses on adolescence particular importance for other different growth stages, because of her increasing psychological pressures faced by teenagers.
- Search will provide a theoretical framework of modern scientific and add in this important field.

Second: Applied Popularity

Through the outcome of the research findings and recommendations provide a new vision and perspectives and positive future work based, and can take advantage of research in the development of programs serve as an occasion to help students cope with the psychological stress positive ways that limit the growing incidence of depression solutions, and promote positive personal aspects. search limits

Objective limits

Limited research to find out the relationship between coping styles psychological stress and depression among secondary school students in Taif.

Spatial boundaries

High school of the Department of Education in Taif.

Time limits

The search application during the second semester of the academic year 1435/1436 AH

Theoretical framework

The concept of psychological stress

Differentiate (Rashidi, 1999: 15) in the context of verbal between three meanings:

- Compressors Stressors: refers to those forces and influences that exist in the environmental field - physical - social - psychological, which have the ability to create what state of pressure.
- Pressure Stress: express the same incident, the occurrence of any effective pressure compressors, the individual permission under the pressure of what happened.
- Strain compression: the situation being experienced by the individual and the groaning of them, which expresses the same feeling of fatigue and exhaustion and self-combustion and expressed the individual qualities, such as that anxiety or depressed etc.

And displays the Diagnostic and Statistical Manual of mental disorders to be issued by (American Psychiatric Association) (DSM-5, 2015 M: 291-292) pressure as one of the social factors affecting the occurrence of depression (life events and difficulties in personal transactions) and a lot of evidence to suggest that stress can cause major depressive disorder, and stressed the directory within the mental disorders that result from exposure to shocks "distress post-traumatic stress" and "severe distress" that the standards of psychological pressure and one for the two types of disorders of the compressor attitude and response to this situation, and includes main difference patterns between disturbed survival of response and diagnosis anguish of post-traumatic if the survival response for more than 4 weeks, accompanied by a feeling of helplessness and loss of sense or isolation and cognitive impairment and symptoms of maladaptation (DSM-5, 2015 m: 420-432).

Scientists and researchers definitions of the phenomenon pressures have varied depending on the vision that each of them is seen to psychological pressures and their impact angle.

He knew Okasha and Okasha (2015: 193) psychological pressure as "cases of self-distress and turmoil emotional, often interfere with the job and social performance, and the show during the compliance period with a meaningful life change or with the consequences of my life, accident severe stress."

The researcher has adopted the definition of (Abdullah and Nial 0.1998 m) psychological pressure as "external stimuli of life or tendencies and desires of Interior and ideas that require us to adapt and requirements."

The concept of psychological stress coping styles:

Describes Abdalmattiy (2006: 98) confrontational methods as a series of actions and thought processes, are used to resist the compressor position or unpleasant or modify individual responses to these positions.

It is noteworthy Fayed (2008: 86-87) that any confrontation to pressure either to be effective reduce the impact of these pressures and help to prevent it, or to be ineffective and is not good for they follow is good strategies Kaltjumb and confrontation focused on emotion.

Based on the search and the current definition is the definition of (Abdullah and Nial 0.1998 m) as a "countervailing factors help us to maintain mental and physical health together, provided that the individual is aware of how endurance and what are the processes or appropriate strategies to deal with a situation."

Explanatory theories of psychological pressure and methods of responses: Varied theories unexplained pressure and methods faced as follows:

1) psychoanalytic theory:

Little favor (1988: 816) and Laplanche and Butalas (2011: 506) was confirmed by Sigmund Freud that adolescence is a period of storms and the conflict of the disputed Rgbtan opposing the one achieved no other materialize, it is considered that the psychic life a series of conflict between opposites between positive and negative, between the pleasure principle and the principle of realism between love and hate, and this conflict is between the three personal elements, among exercisers who do not respect the sanctity of custom or tradition or society - on the one hand - and among the top ego, which is the image of values and ideals of the society was formed during the individual growth process, ego is personal realism walk in the outside world behavior recognized by society and acceptable, Freud agreed in that his daughter Anna.

2) behavioral theory:

She (Sri, 1997: 117-118) to the interpretation of the pioneers of this trend through the theoretical framework developed by Ivan Pavlov and John B. Watson and others

in learning the policeman who says that an individual's growth is gaining any satisfactory behavior through the learning process, and can be summarized as the following:

- Most human behavior learner unearned, and troubled behavior (Asaba or Zhana) learner unearned.
- Troubled learner behavior is no different in terms of the principles of the normal behavior of the learner, but the troubled inappropriate or non-compliant behavior.
- Acquires disruptive behavior as a result of repeated exposure to negative experiences and then a policeman correlation between these experiences and the turbulent behavior occurs.
- Looks at the psychological symptoms ZmlhKtba wrong habits educated.
- You can modify the behavior of the learner.

3) Beck's theory (BECK) Cognitive:

Beck gave a complete theory explains on the basis of the occurrence of emotional turmoil in the light of the beliefs and views negative carried by the individual self and the world and the future, it is of the view that the experiences through which the individual derives its significance desperate or depressed or defeatist through docking with this method, erects such a belief leads to distortion of reality perception is negative, then comes the response of emotional or behavioral desperate that we call depression in other words, pressing or neutral attitudes derive their significance and meaning through what we believe (Ibrahim, 1998: 157)

Increased exciting emotional and sharpness reduces attention, so the stimuli related to emotions become more visible and more present, the more the exciting stronger and sharpness more the narrower interest, I must bear in mind that this trend is not satisfactory in itself (for Anhan, 2014: 77).

Points (Abdul Hamid al-Zahrani and 0.2011 m: 306-308) to the attention of Beck in three levels of knowledge:

- First: internal dialogue or self-talk, which often does not notice, usually reflects the thoughts and perceptions that cause negative pressure.
- Second: the negative interpretation of the experience and how to style an individual deal with exciting, any ways to provide and organize information about the environment and self-style prediction and evaluation of future events, when the results from these results are not consistent with objective measures of the reality of the operations they are to know distorted distorted.
- Third: look to the future in a negative light through the wares or cognitive schemes and include beliefs and assumptions that affect the care for the individual's interpretation of events, it is the basic structure used by the individual's perception, understanding and thinking, and this knowledge is reduced to a form consisting schemes in a way that creates a negative trend in the interpretation of any experience and called Beck (automatic negative thoughts).

4) Hans Silly Theory (Zmlh general consensus):

World Hungarian Hans Seeley Syll is noteworthy that many of the environmental factors shift the body on the status of the balance which needs to reactions physical to restore balance and these factors are called compressors or stimuli Pressure: include anything that requires the body or packaged Bastjabath The body responds to the pressure regulator device of physical and chemical changes which is the individual's face (in Abdullah and nial, 1997 m).

And identifies Seeley (in Yunus, 2007: 253-254) three stages of the reactions during the individual's resistance to the pressures of life are called stages symptoms year adjustment are as follows:

- The stage of interaction with the alarm, and the individual moves to interact with the pressure source.
- The stage of resistance, in which an individual resists the source of the threat with all their physical and psychological energy.
- The stage of exhaustion or fatigue or collapse, which drains energy and the individual becomes vulnerable to the problems of poor compatibility and morbidity can not overcome the sources of stress, fatigue or exhaustion meant any temporary reduction in the adequacy of the performance.

5) Lazarus and Folkman's theory (cognitive evaluation):

The Lazarus and Folkman Lazarus & Folkman (in Awad, 2001: 63-65) and (in Alchkabnh, 2010: 38) to choose the way they are exposed to the events of the compressor and leading to tension positions of the individual, and recognizing them and evaluate self-knowledge, which is the threat of the provisions or neutrality It threatens the integrity of the individual, and evaluation of knowledge plays an important role in the understanding of how to recognize individual situa-

tions stressful and dealing with it, and this cognitive self-assessment consists of two components: the initial assessment and secondary assessment.

- The initial assessment (based on the strategies the problem) is the initial evaluation in which the individual up to the renewal of the potential threat of the event (or denote the meaning of the event).
- Secondary Rating (based on emotion strategies): starts after the initial assessment and the subsequent reaction of my feeling for the process of the initial evaluation, the second evaluation is also cognitively and includes a search of the individual what helps him to confrontation.

6) Sepelbergr theory (overall perception of the situation):

Sepelbergr considered (in the badger and Abu-Assad 0.2009 m: 64-65), one of the scientists who put an explanation of psychological pressure, relying on myts motives, as he believes that the pressure to play a role in fomenting differences on the level of motivation in the light of the perception of the individual and identifies her theory in three main dimensions are: stress, anxiety, and education. This theory is based on determining the nature of the surroundings, which are stressful and the realization of the individual have the environmental conditions, as the pressure starts Bmtar threatens the life of the individual and the individual's awareness of this exciting or threat reportedly linked Palmtar psychological reaction, so reaction to the dramatic intensity of associated and perceptions of the individual to him.

Recommendations:

In light of the outcome of the search results can be drawn from the following recommendations:

1. Work on the establishment of specialized centers that will do the work indicative psychotherapy to help students in training for positive ways to cope with the psychological stress and prevention of disorders that may result from these pressures and treated.
2. The importance of spreading the culture of positive to confront the psychological pressure tactics, like thinking positive, outlook toward the world and the future with optimism, acceptance and positive life events and daily developments, thereby contributing to the achievement of satisfaction and psychological and social compatibility.
3. The action by the guidance departments in Saudi Arabia to prepare guidance programs for the development of positive ways to cope with the psychological stress among students in all grades, including high school.
4. Submission workshops - Advanced - for educators, academics, aims to find innovative practical solutions to new and viable and diverse methods

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